

Pineapple Cilantro Smoothie

When you combine the pineapple with the cilantro they synergistically work together to alkalize and detoxify the body. Cilantro is especially good for cleansing the detox pathways of the liver. The chia provides the protein and fiber and the coconut milk provides the fat which will slow down the absorption of the sugar from the pineapple.

2 servings

1 cup pineapple

2 cups romaine lettuce

½ cup cilantro

2 Tb chia seeds soaked in 1 cup water

¼ cup coconut milk

8 drops vanilla stevia

2 scoops protein powder (optional)

- Place pineapple, romaine lettuce, cilantro, lime juice, and coconut water in the blender.
- Blend thoroughly.
- Pour serve and enjoy

A few more things....

- You can use grapefruit instead of pineapple if you want to have less sugar.
- Substitute any other dark greens like spinach, swiss chard or kale for the romaine